

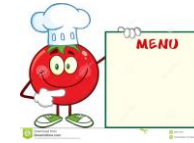
# September 2023 九月

## Lunch Menu 午餐菜单

Selfhelp Latimer Gardens Senior Center

34-30 137th St, Flushing, NY 11354

Telephone: 718-961-3660



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Labor Day- Closed</b>	<b>5 Balsamic Chicken Thighs, WW Bread, Brussels Sprouts, Canned Pears, 1% Milk or Low-Fat Yogurt</b> 香醋鸡腿、全麦面包、抱子甘蓝、罐头梨、1% 牛奶或低脂酸奶	<b>6 Pork Stir Fry w/ Vegetables, White Rice, WW Bread, Broccoli w/ Toasted Garlic, Banana, 1% Milk or Low-Fat Yogurt</b> 猪肉炒蔬菜、白米饭、全麦面包、西兰花配烤大蒜、香蕉、1% 牛奶或低脂酸奶	<b>7 Tuna Noodle Casserole, WW Bread, Sautéed Spinach, Apple, 1% Milk or Low-Fat Yogurt</b> 吞拿鱼面条、全麦面包、炒菠菜、苹果、1% 牛奶或低脂酸奶	<b>1 Italian Herbed Tofu, WW Bread, Caesar Salad, Apple, 1% Milk or Low-Fat Yogurt</b> 意大利香草豆腐、全麦面包、凯撒沙拉、苹果、1% 牛奶或低脂酸奶
<b>11 Curry Chicken, Rice Pilaf, Chef Salad, Apple, 1% Milk or Low-Fat Yogurt</b> 咖喱鸡、手抓饭、厨师沙拉、苹果、1% 牛奶或低脂酸奶	<b>12 Baked Fish w/ Cream Corn Sauce, White Rice, WW Bread, Oriental Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt</b> 烤鱼配奶油玉米酱、白米饭、全麦面包、东方混合蔬菜、香蕉、1% 牛奶或低脂酸奶	<b>13 Vegetable Soup, Baked Breaded Lamb Chops, WW Bread, Broccoli &amp; Red Peppers, Pear, 1% Milk or Low-Fat Yogurt</b> 蔬菜汤、烤面包羊排、全麦面包、西兰花和红辣椒、梨、1% 牛奶或低脂酸奶	<b>14 Baked Oregano Chicken, Egg Noodles, Winter Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt</b> 烤鸡、鸡蛋面、冬季混合蔬菜、香蕉、1% 牛奶或低脂酸奶	<b>15 Lentil Chili, Black Beans &amp; Rice, Steamed Spinach, Tangerines, 1% Milk or Low-Fat Yogurt</b> 扁豆辣椒、黑豆和米饭、蒸菠菜、橘子、1% 牛奶或低脂酸奶
<b>18 Egg Salad, Multigrain Pita, Collard Greens w/ Tomato, Apple, 1% Milk or Low-Fat Yogurt</b> 鸡蛋沙拉、杂粮皮塔饼、羽衣甘蓝配番茄、苹果、1% 牛奶或低脂酸奶	<b>19 Chicken Parmesan, Waffles, Brussel Sprouts, Banana, 1% Milk or Low-Fat Yogurt</b> 鸡肉番茄芝士意粉、华夫饼、抱子甘蓝、香蕉、1% 牛奶或低脂酸奶	<b>20 Chili con Carne, Brown Rice, Steamed Carrots &amp; Green Beans, Kiwis, 1% Milk or Low-Fat Yogurt</b> 肉碎酱、糙米、蒸胡萝卜和青豆、猕猴桃、1% 牛奶或低脂酸奶	<b>21 Baked Fish, White Rice, Braised Collard Greens, Green Bean Salad, Orange, 1% Milk or Low-Fat Yogurt</b> 烤鱼、白米饭、红烧羽衣甘蓝、青豆沙拉、橙子、1% 牛奶或低脂酸奶	<b>22 Three Bean Salad, Rice w/ Corn, WW Bread, Baby Carrots &amp; Parsley, Plums, 1% Milk or Low-Fat Yogurt</b> 三豆沙拉、米饭玉米、全麦面包、小胡萝卜和外国香菜、李子、1% 牛奶或低脂酸奶
<b>25 Beef &amp; Turkey Meatloaf w/ Mushroom Gravy, Brown Rice Pilaf, Winter Blend Vegetables, Apple, 1% Milk or Low-Fat Yogurt</b> 牛肉和火鸡肉饼配蘑菇肉汁、糙米抓饭、冬季混合蔬菜、苹果、1% 牛奶或低脂酸奶	<b>26 Baked Salmon, Baked Macaroni &amp; Cheese, Italian Blend Vegetables, Banana, 1% Milk or Low-Fat Yogurt</b> 烤三文鱼、烤通心粉和芝士、意大利混合蔬菜、香蕉、1% 牛奶或低脂酸奶	<b>27 Baked Pork Chops, Egg Noodles, Sautéed Asparagus, Grapes, 1% Milk or Low-Fat Yogurt</b> 烤猪排、鸡蛋面、炒芦笋、葡萄、1% 牛奶或低脂酸奶	<b>28 BBQ Chicken, Corn Bread, WW Bread, Oriental Blend Vegetables, Orange, 1% Milk or Low-Fat Yogurt</b> 烧烤鸡、玉米面包、全麦面包、东方混合蔬菜、橙子、1% 牛奶或低脂酸奶	<b>29 Chickpea Pasta w/ Alfredo Sauce, WW Bread, California Blend Vegetables, Orange, 1% Milk or Low-Fat Yogurt</b> 鹰嘴豆意大利面配阿尔弗雷多酱、全麦面包、加州混合蔬菜、橙子、1% 牛奶或低脂酸奶

Menu is subject to change. Lunch is served from **11:30 am to 1:00 pm**. Please kindly bring your membership card/barcode & **\$2.00** exact suggested donation. The Selfhelp Latimer Gardens Senior Center is funded in part by the New York City Department for the Aging. 菜单可能会有变化。午餐供应时间为上午 11:30 至下午 1:00。请携带您的会员卡/条形码和 2.00 美元的建议捐款。拉蒂默花园老年中心的部分资金由纽约市老龄事务部资助。